

Missouri Assessment Program
Spring 2002

Health/Physical Education

Released Items
Grade 9

Confidential

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Isaac and a friend are eating lunch together. His friend chokes on a piece of food and cannot cough, breathe, or talk.

What procedure should Isaac use to help his friend? _____

Describe how Isaac should perform this procedure.

How he should position himself: _____

What Isaac should do after positioning himself: _____

Go On





4 What is the message behind the advertisement?

- ☐ F Popular people drink this product.
- ☐ G This drink can make you a winner.
- ☐ H It is healthy to drink this any time of day.
- ☐ J This product is the best tasting sports drink.

5 Look at the labels below.

GRANOLA BAR A

| Nutrition Facts | | |
|--|-------|----------------------|
| Serving Size 1 | | |
| Servings Per Container 6 | | |
| Amount Per Serving | | |
| Calories | 180 | Calories from Fat 50 |
| % Daily Value* | | |
| Total Fat | 6g | 9% |
| Saturated Fat | 1g | 4% |
| Polyunsaturated Fat | 0g | |
| Monounsaturated Fat | 0g | |
| Cholesterol | 0mg | 0% |
| Sodium | 170mg | 7% |
| Total Carbohydrate | 29g | 10% |
| Dietary Fiber | 1g | 8% |
| Sugars | 16g | |
| Protein | 2g | |
| Vitamin A | 0% | Vitamin C 0% |
| Calcium | 0% | Iron 6% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | | |

GRANOLA BAR B

| Nutrition Facts | | |
|--|-------|----------------------|
| Serving Size 1 | | |
| Servings Per Container 6 | | |
| Amount Per Serving | | |
| Calories | 140 | Calories from Fat 25 |
| % Daily Value* | | |
| Total Fat | 3g | 5% |
| Saturated Fat | 0.5g | 3% |
| Polyunsaturated Fat | 0g | |
| Monounsaturated Fat | 0g | |
| Cholesterol | 0mg | 0% |
| Sodium | 110mg | 5% |
| Total Carbohydrate | 27g | 9% |
| Dietary Fiber | 2g | 4% |
| Sugars | 12g | |
| Protein | 4g | |
| Vitamin A | 15% | Vitamin C 15% |
| Calcium | 20% | Iron 10% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | | |

Ivan is trying to decide between two granola bars by reading the Nutrition Facts labels. Which granola bar is more nutritious?

Give two reasons the granola bar you listed above is more nutritious.

1. _____
2. _____



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Write the name of the fitness principle on the line in front of the activity that demonstrates it. Choose from the following principles:

specificity
overload
progression

_____ Jerome usually rides twenty-five miles every week on his bicycle. This week he rode seventy-five miles.

_____ Each week Natalie runs one-half mile farther than the week before.

_____ Elizabeth hangs from a bar to strengthen the muscles in her hands and forearms.

Give one reason each principle is important when exercising regularly.

Specificity: _____

Overload: _____

Progression: _____

Go On

